

SELF-TRANSCENDENCE RACE - 48h, 24h

30.7. – 1.8. 2010, Kladno, Sletiště athletic stadium



Registration and entry fees:

We kindly ask you to fill out an attached registration form and send it to the following address by **July 15** latest: SCMT, c/o Madal Bal, Poděbradská 540/26, 190 93 Praha 9, Czech Republic. Entry fee is payable in cash at the registration.

fee:	till 15.7.	after 15.7.
48h	60 EU	65 EU
48h Relay	25 EU/Runner	30 EU/Runner
24h	50 EU	55 EU
24h Relay	20 EU/Runner	25 EU/Runner

Course: 1km course lap around an athletic stadium, almost flat with 1m rise. Lights at nights.

Starts:

48 h – Fri 30.july.2009, 12.00 am
24 h – Sat 31.july.2009, 12.00 am

Registrations start 90 min before each start and finish 30 min before the start. Final ceremony is scheduled approx. one hour after the race.

Categories:

Men – open (18 and more), 50-59, 60-69, 70 and more
Women – open (18 and more), 50-59, 60-69, 70 and more
Relays – open (18 and more)

Prices: Trophies and beautiful prizes will be given to the first seven places in main open categories and to the first three places in other categories (veterans and relays).

Services: Refreshment station with a variety of warm and cool food and drinks, warm meal after the race. Medical station with a massage service. Showers, restrooms and other facilities of athletic stadium will be available during the race. Runners can place their own camping tables and chairs with personal belongings, food and drinks at a designated area.

Relays: For 48 hour and 24 hour races we also introduce relays in order to allow more people to try an ultramarathon race. Teams can have 2-3 runners.

Directions: Kladno is situated approx. 25km north-west from Prague. Coming from Prague via highway you will use exit with Kladno sign. Just before Kladno you will find two roads to Kladno and you will go to the left one. Then you will go straight on through several crossings until you will find a Shell gas station on the left side. Turn to the left on next crossing after the gas station. Then again you will go straight on through several crossings and you will turn right after you cross railway. On the right you will find a parking area. The athletic stadium is on left side. If you get lost you can show this application with the word "Sletiště" to somebody and they will direct you.

Accommodation:

During the race we provide accommodation in gym. In case you need to stay longer, here are some possibilities:
http://www.mestokladno.cz/vismo/dokumenty2.asp?id_org=6506&id=1401511&p1=2100008979
YMCA tel.: +420 312 247 725

Contacts: Viharín +420 603 177 566, Pataka +420 603 177 567, paha@srichinmoyraces.org

ENTRY FORM_

SELF-TRANSCENDENCE RACE 48 and 24 hours

Kladno, 30.july. - 1.august. 2010

First Name: _____ Last Name: _____ Nationality: _____

Date of birth: _____ Sex: M F Running club: _____

Address: _____

Telephone: _____ e-mail: _____

Date: _____

I subscribe to:

- 48 hour race
- 48 hour race - relay
- 24 hour race
- 24 hour race – relay

T-shirt size M L XL XXL

I declare that Sri Chinmoy Marathon Team is free of any liability for any injuries, accidents or damages to a property that may result from my participation in or attendance at this event.

Signature: _____